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**ACT MTBO Series #2, Bruce Ridge**

**28 May 2023, Sunday 10am**

**MTBO Rogaine Final Instructions:**

**Details:**

* **Assembly area:** Bruce Ridge, the end of Kunzea Street, parking area adjacent to Alivio Tourist Park.
* **Start Times:** mass starts at 10:00am (for 2 Hours Rogaine); 10:10am (for 1 hour Rogaine); 10:20am (for 30 min Rogaine).
* **Course closure:** 12:00pm
* **Map:** Bruce Ridge 1:7,500 5m contours Map size: A3
* **Courses:**2h MTBO Rogaine, 1h MTBO Rogaine, and 30min MTBO Rogaine for beginners
* **Start:** 300m from assembly/parking, follow streamers
* **Finish:** 100m from assembly/parking
* **Course Setter:** **Michael Reed**
* **Event organizer:**Marina Iskhakova and Fedor Iskhakov

**Instructions:**

* Race starts are 10:00am (for 2 hour rogaine); 10:10am (for 1 hour rogaine); 10:20am (for 30 min rogaine)
* Map handout and briefing will be at 9:55am, 10:05am and 10:15am
* Maps can be flipped over when the start time arrives - you can leave immediately or pause to continue planning if required
* **Please arrive at the start area at least 10 minutes prior to your start time, ready to ride**
* The start symbol on the map is a triangle Δ , while the finish symbol is two concentric circles ◎ (near the carpark south of Alivio Tourist Park)

**Rules:**

* Visit as many controls as possible in any order to maximise your points in the available time limit (2 hours, 1 hour or 30 minutes)
* Controls are worth different points (1, 2 or 3, shown in brackets next to the control number)
* Each control can only be visited once (extra visits are not extra points)
* Punch the finish control within the time limit, otherwise **points will be deducted at a rate of one per minute you are late**, or part thereof
* No travel along the access road in front of the Alivio Tourist Park (marked with crosses), except the eastern end near Dryandra Street
* The winner will be determined by the most points, followed by the shortest time in the case of a draw on points
* Riding only permitted on marked trails and open rideable sections (bright orange) - no shortcuts allowed!

Unless marked, all trails are bi-directional and are not closed to other users - ride within your limits, be courteous, and keep your eyes open

**Tips:**

This event is different to a normal MTBO event, so if you haven't competed in a rogaine or cyclegaine before here are some tips:

* The goal is maximum points, not maximum distance - choose your controls carefully to minimise effort and maximise points
* Do some planning (1-2 minutes) before you head off - this is not lost time if it means you choose a more efficient route
* Pay attention to how you will reach the finish - this is more important than how you leave the start box
* Look for loops on the map that allow you to link up controls, without trapping yourself in a cleared area
* Don't be late back - plan your route to ensure you can get back to the finish within the time limit and avoid the late penalty
* Keep an eye on the clock and review where you are at half time - you probably won't travel further in the second half than you have so far
* Get to the event early to ensure you are setup and ready to roll when the start time comes - the Alivio Tourist Park has a warm cafe if you need to kill time!

And if you like this format, don't miss out on the six hour version when ACT Rogaining run the night/day/cycle rogaine on the weekend of September 2nd/3rd (<https://act.rogaine.asn.au/events/eventdetail/122/-/night-day-cycle.html>).

**Presentations at 12:15pm SHARP**

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| **Class** | **Groups** | **Racing time** |
| **ROGAINE** **2 hours**  | **Solo F****Solo M****Pairs** | **2 hours** |
| **ROGAINE** **1 hour**  |  **Solo F****Solo M****Pairs** | **1 hour** |
| **ROGAINE** **30 min** | **Solo F****Solo M****Pairs** | **30 min** |

**Facilities:** the toilet at Alivio Tourist park can be used.

Coffee Shop at Alivio Tourist park is open 7:30am-10:30am

**Emergency Contact Number**

Call Marina 0412 308 310, in an emergency

 **ENJOY MTBO Rogaine and navigation at higher speed!**